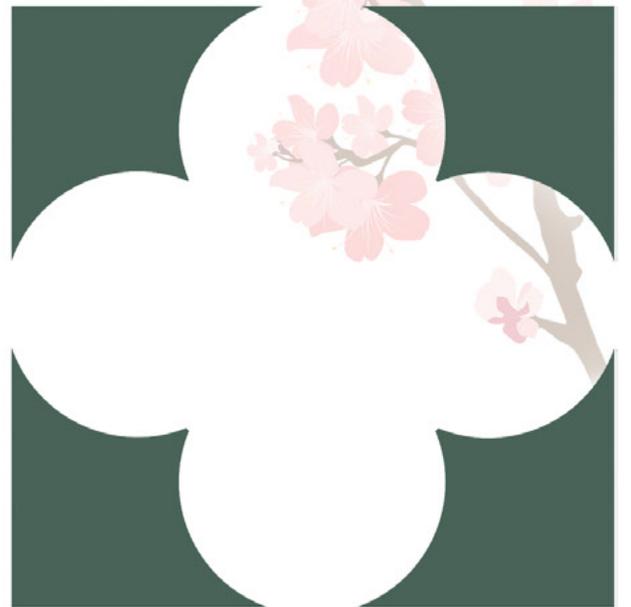


MAY 2020

The Spire



Volume 85 Issue 5



seattle first baptist

## Staff Directory:

Rev. Dr. Tim Phillips (x104)  
Lead Pastor  
[tim@seattlefirstbaptist.org](mailto:tim@seattlefirstbaptist.org)

Rev. Anita Peebles (x106)  
Associate Pastor: Next Gen Ministries  
[anita@seattlefirstbaptist.org](mailto:anita@seattlefirstbaptist.org)

Rev. Dr. Patricia L. Hunter  
Pastor of Education & Outreach  
[patricia@seattlefirstbaptist.org](mailto:patricia@seattlefirstbaptist.org)

Ben Luedcke  
Minister of Music  
[ben@seattlefirstbaptist.org](mailto:ben@seattlefirstbaptist.org)

Darren Hochstedler (x102)  
Church Administrator  
[darren@seattlefirstbaptist.org](mailto:darren@seattlefirstbaptist.org)

Sue Ross  
Community Nurse  
Office Hours: Sunday 12:15 p.m.  
[nurse@seattlefirstbaptist.org](mailto:nurse@seattlefirstbaptist.org)

Judie Scott (x101)  
Office Administrator  
[front\\_office@seattlefirstbaptist.org](mailto:front_office@seattlefirstbaptist.org)

Katie Sturm  
Communications  
[katie@seattlefirstbaptist.org](mailto:katie@seattlefirstbaptist.org)

Submissions for the Spire are due by  
the 20th of the month prior.  
All submissions should be sent to  
[editor@seattlefirstbaptist.org](mailto:editor@seattlefirstbaptist.org)

Seattle First Baptist Church  
1111 Harvard Ave, Seattle WA 98112  
Office Hours:  
Monday - Friday 9 a.m. - 4 p.m.  
Phone: 206-325-6051  
Sunday Worship Service: 11 a.m.  
Online: [www.seattlefirstbaptist.org](http://www.seattlefirstbaptist.org)  
Facebook:  
<https://www.facebook.com/SeattleFirstBaptist/>

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### Pentecost is May 31st!

Prepare to welcome the Holy Spirit by making a pinwheel as a reminder of how God's breath blows through the crowd as a sign of how the Holy Spirit (or "Comforter" or "Advocate") is with the people after Jesus' ascension.

Follow the directions here

<https://ministry-to-children.com/spirit-pinwheel-craft/>  
and prepare for worship!

## Tips for Quarantimes

- Make a map of where you can go, even if it is just your home! Label the areas with specific activities (work, play, sleep, eat, cook, craft, etc.)
- Use a feelings chart to keep track of your mental and emotional health. Track feelings like the weather.
- Create a menu of activities, including people on your "team." What will you choose to DO today? Who will you choose to CONNECT with today? Where can you go for some YOU-TIME?
- Take breaks often! This is a hard time. It's ok to pause and rest.
- Be kind to yourself! Move your body, get enough sleep, give your ears a massage, paint your nails...self-care looks different for everyone!
- Reach out...to family, friends, pastors, neighbors. We're all in this together.



## Letter from the Pastor

by Rev. Anita Peebles

Beloved church,

Julian of Norwich once said, “All shall be well, and all manner of things shall be well.” This quote has been floating around on social media as the COVID-19 pandemic has worsened over the last two months. To some, it is comforting. To others, it is far too optimistic. And yet, in this season of Easter, as we continue to celebrate the risen Christ, as we continue to place our hope in the love that cannot be kept down, the words “all shall be well” resonate as a beacon in times of distress. Because as Christians, we are a resurrection people and we are tasked with conspiring with God to bring about the wellbeing of all creation. Each of us has done our part as we observe the recommendations from the CDC and Governor Inslee, taking responsibility for our small part of flattening the curve.

This has been a hard season, one that we have all had to adapt to in ways that we could never have predicted. The pastors and church staff are working to make sure we still have opportunities to worship and pray and have fellowship together. Church members have been sharing with each other over phone calls and text messages and cards in the mail and Zoom happy hours. We have all brought our whole selves into this crisis. We have tried new things. We have figured out new technologies. We have stepped out of our comfort zones. We have been brave. Thank you for your courage and compassion.

There is still a lot that we don't know. When will it be safe for large groups to gather? When can we hug our friends again? What do we do next if we can't go back to what was “normal”? How do we adjust our lives and the way we do community to a world where COVID-19 is a reality, and where the work of witnessing to God's work in the world has just gotten more complicated?

Well, your pastors don't know when we will all worship together in the sanctuary again. That's a hard thing not to know. But what we do know is that the church staff are all working together to monitor recommendations from Public Health; to keep our church building in working condition; and to keep in touch with congregants in this liminal time. We want to worship together again... because we miss you! But we will also abide by the recommendations of doctors and scientists so that our gatherings will not be complicit in elevating the risk of infection.

Friends, stay in touch. Please keep connected with the pastors and let us know how you are doing and what you need. And don't wait to reach out to each other — give someone a call, send an email or a card, or post on social media to check in with folks. As part of our effort to stay connected, Communications Manager Katie Sturm is setting up a Facebook group for our members and regular attendees. You can join this group and have a space to share photos and prayer requests, and generally check in with folks.

And, speaking of staying connected, join in some of our Zoom programs. Directions for logging in to Zoom can be found on the church website under the “[Join Us Online](#)” tab. This is also where you will find the links for each of our Zoom events.

We are also aware that “Zoombombing” is a concern, and sadly some of our church gatherings have experienced this. To limit the potential for people who have rude or offensive motives to come into our meetings, we will have passwords for some meetings. We also have enabled the “waiting room” function so that the host of a Zoom meeting can screen participants. For more information on preventing this phenomenon, visit <https://www.adl.org/blog/how-to-prevent-zoombombing>. We will be utilizing Zoom for community gatherings as long as we are not gathering in person.

All shall be well. Maybe not right now, maybe not even soon. So for now, know that you are loved and held, and we will be together again. Stay healthy and stay in touch.



## Wednesday Night Gathering Plans

### 4/29: Sock Puppet Play

Using whatever you have in your home, make a sock puppet ahead of time and come to Zoom ready to put on a play!

### 5/6: Virtual Talent Show Round 2

Contact Pastor Anita to sign up ahead of time. Strut your stuff in less than 3 minutes. All acts must be family friendly. (No racism/sexism/homophobia/ableism, etc. will be tolerated.)

### 5/13: Virtual Potluck

Make your favorite dish that you would bring to an in-person potluck... then log on to Zoom! Spend time together over dinner.

### 5/20: What do you know? Story Share.

In less than 2 minutes, talk about something you know a lot about! Maybe butterflies or baking pies or how to give your dog a haircut... any family-friendly topic is welcome! Contact Pastor Anita to sign up ahead of time.

### 5/27: May/June Birthday Party

*Contact Pastor Anita with questions about any of these programs. All are welcome!*

## YA Group: May

Any young adult (~40 and under) is welcome to join together at 1 PM on Sundays in May to discuss the parables Jesus told.

No preparation is necessary... just come willing to share!

*RSVP to Pastor Anita so she will expect you and can share the Zoom information.*

## Church Office Hours

*By Darren Hochstedler*

Beginning May 4, we will again have staff in the building daily during office hours. Modified office hours will be 9 AM - 3 PM, Monday - Friday. Appointments are encouraged as the building is still closed to the public. Pastors and some staff will continue to work remotely. Anyone entering the office or building will need to continue social distancing, sanitize hands upon entry and fill out a symptoms checklist. Masks are encouraged. Any questions can be directed to [darren@seattlefirstbaptist.org](mailto:darren@seattlefirstbaptist.org).

Although we continue to respond to our community's needs by answering questions, providing resources and assistance, passing out food to folks who stop by and providing cell phone charging space to those who need it, the office is pretty quiet these days. This is an ideal time to call in with any requests or needs you may have or just to say hello.

We are praying for our congregation and community. Judy Scott is maintaining the prayer list. If you have any additions or updates, please e-mail her at [front\\_office@seattlefirstbaptist.org](mailto:front_office@seattlefirstbaptist.org).

We look forward to welcoming all of you and our community partners back into the building soon.

Stay safe and be well!

By Katie Sturm

Well, friends, it certainly has been an unexpected season for us here at Seattle First Baptist. I'm not sure that any of us would have expected or planned to be celebrating Easter from our homes. Yet, here we are together, and we are creatively engaging each other in these times. It's time for yet another update on the technology that we've been using and how it impacts our connection points. We are here and want to see you continuing to feel included and engaged and are doing all in our power to ensure that technology does not create new inequity in our community.

## Zoom

We have begun removing the public display of our Zoom meeting links for added safety and security. We have received sound advice from government authorities and others that there are people who are attempting to use Zoom to further messages of hatred and bigotry.

While our community has remained relatively safe from this, we also want to ensure that we continue to remain so. If you need a Zoom link to something, please make sure to ask in advance and we can give you the link or dial-in-number.

**Did you know that you do not need a computer to participate in a Zoom meeting?  
You can always use the dial-in number from your telephone and unique Meeting ID!**

## Facebook

We are trying to implement a few new ways of connection on Facebook in order to allow you to reach out to one another. This month, we are opening a private Facebook group for our members and regular attenders. This group will be moderated in order to ensure safety and that SFBC values and community standards are observed. When you go to join this group, we will have a few questions to ensure we know you and that you are aware of our community guidelines. You also will have to agree to our community standards.

When you are ready to join us, find us here: <https://www.facebook.com/groups/sfbccconnecting/>

**Our Sunday Service currently streams on our [Facebook Page](#) at 11 a.m. on Sundays.  
(<https://www.facebook.com/SeattleFirstBaptist/>)**

**We also feed this stream directly to our [website homepage](#).  
(<https://www.seattlefirstbaptist.org/>)**

After the service, we post the full video and the sermon video on our homepage.

We do recognize that not all of our community participate in Facebook, and we are trying to find ways to ensure that there are other ways to connect with us. Please consider trying to join some of our Zoom meetings and we welcome your help in brainstorming points of connection while we are physically distancing!

## Email and Website

Our Weekly Email remains the best way to keep up to date on our changing situation. We will have our Zoom links for all gatherings and other information to keep you in the loop.

If you are not subscribed, please [do so now](#) by clicking the Email Subscription button at the bottom of the **Contact/Directions page**. (<https://www.seattlefirstbaptist.org/contact--directions.html>)

We are also trying to keep our website up to date as well.

It feels like a brand new world out there sometimes, but some things will always stay the same. Our love and care for one another, our passion to serve the community and be a resource to one another. Please don't hesitate to reach out with ideas or suggestions. We consider each one we receive.

# Community Engagement: (AKA: Love-In-Action): COVID-19 Resource Tool - May 3<sup>rd</sup>, 2020

## To Read/See:

- **SEE ONLINE: “The Many Varieties of Universal Coverage”** [www.commonwealthfund.org/many-varieties-universal-coverage](http://www.commonwealthfund.org/many-varieties-universal-coverage)
- **SEE ONLINE: “Homelessness & Health: What’s the Connection?”** <https://nhchc.org/wp-content/uploads/2019/08/homelessness-and-health.pdf>
- **What’s Reproductive Justice?** SisterSong Women of Color Reproductive Justice Collective defines it as the human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities. More at [www.sistersong.net](http://www.sistersong.net)  
**READ: Reproductive Justice: An Introduction** by Loretta J. Ross and Ricki Solinger
- **SEE ONLINE: “Too Sick for Jail — But Not for Solitary”** Search the title at [www.themarshallproject.org](http://www.themarshallproject.org)

## To Pray:

*Mother/Father God, help me to work toward a world in which everyone who needs health care or medicine gets it without bias and with respect, where nobody is bankrupted by medical bills, and where we protect our health care workers – from the doctor to the janitorial and food service workers – with every resource you have given us. A world where people can form families with intention and without barriers, and can raise children, if and when they choose to have them, in safety and with Your love*

## To Do/Go:

• **ATTEND** the 15TH Annual Washington Free and Charitable Care CONFERENCE August 27-28, 2020; Walla Walla, WA. Washington Healthcare Access Alliance, 267-713-WHAA (9422)

• **VOLUNTEER** with a free clinic. Volunteer providers are needed but also volunteers to staff phones, interpret, serve as chaplains, and more. Go to [www.wahealthcareaccessalliance.org/volunteers/volunteering](http://www.wahealthcareaccessalliance.org/volunteers/volunteering)

• **DONATE** to Surge, a women-of-color led reproductive justice organization in the NW that focuses on three things: access to reproductive health care for immigrants; birthing and reproductive justice for imprisoned women; and comprehensive and progressive sex education. Message them about donating or about their work at [info@surgereprojustice.org](mailto:info@surgereprojustice.org)

• **VOLUNTEER** with NARAL Pro-Choice Washington. You can stuff envelopes, help staff events, serve on the Political Action Committee, or ask about reproductive justice at your legislator’s town hall meetings. [www.prochoicewashington.org](http://www.prochoicewashington.org) or talk to Heidi Toppel, who serves on NARAL’s Board.



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# Liberating the Heart ♥ Engaging the Mind Embracing the World

*Continuing Community Online*

## Noontime Prayer and Reflection Online with Pastor Patricia

Tuesdays and Thursdays at noon on Zoom

We are going through challenging times due to the COVID-19 virus. It is hard being away from our SFBC friends who share their love with us and give us strength. So, you are invited to "gather" in prayer for a few minutes with others of our community, on Tuesdays and Thursdays at noon. Pastor Patricia will lead us in prayer and share a word of hope and encouragement.

## Zoom Information for Noontime Prayer and Reflection:

You may join us using this Zoom link on your computer: <https://zoom.us/j/112959479>

You may also join us by phone by calling this number 1-669-900-9128.

Or dial by your location: 1 253 215 8782 US  
The meeting ID is: 112 959 479

Contact Pastor Patricia if you have questions.

## Story Time with Pastor Anita

Tuesdays and Thursdays at 7pm on Zoom

Join Pastor Anita for a special story time for our SFBC families. We will meet together on Zoom.

Please contact Pastor Anita at [anita@seattlefirstbaptist.org](mailto:anita@seattlefirstbaptist.org) for the link.

## Friday Fun-Day!

11 a.m. Interwebs Dance Party  
4:30 p.m. Virtual Happy Hour

Let's say "Fri-YAY!" together as we dance in the morning and kick back with whatever beverage you're pouring at home. Zoom links will be sent via Weekly Email.

## Bible Study with Pastor Tim

Wednesdays at 12pm on Zoom

We will continue our Lenten conversations on the Psalms starting with Psalm 73.

Have your Bible handy and feel free to eat lunch while we talk for 45 minutes or so.

<https://zoom.us/j/635299625>

Meeting ID: 635 299 625

One tap mobile:

+16699009128,,635299625# US (San Jose)

+13462487799,,635299625# US (Houston)

## Coffee Hour Greeting

Sundays after worship on Zoom

Please join us for a time of connection after the service

<http://zoom.us/j/866012575>

Meeting ID: 866 012 575

One tap mobile:

+16699009128,,866012575# US (San Jose)

+13462487799,,866012575# US (Houston)

**Donate Securely Online**  
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**Contact Information for  
ALL Your Elected Officials**

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("They Represent You" from the League of Women Voters of Seattle),  
Google "TRY\_web.pdf" or: [https://www.seattlelwv.org/uploads/1/1/7/8/117877553/try\\_web.pdf](https://www.seattlelwv.org/uploads/1/1/7/8/117877553/try_web.pdf)

The Washington State Legislative Hotline (the toll free, easy way to contact your state legislators even if you don't know their names):

**1-800-562-6000; TTY for Hearing Impaired 800-833-6388**

Church Council of Greater Seattle: **206-525-1213**; [www.thechurchcouncil.org](http://www.thechurchcouncil.org)

Faith Action Network: **206-625-9790**; <http://fanwa.org/contact/>

## Feedback For Your SFBC Outreach Commission:

You can email: [bethreishome@gmail.com](mailto:bethreishome@gmail.com) with "OUTREACH" in the subject line. Or give your feedback about the monthly Community Engagement Tools to any of these folks who serve on your Outreach Commission: **Ruth Fossett, Catherine Fales, Laura Jorgensen, Beth Reis, Dick Miller, Laurel Henrickson, Carolanne Watness.** Thanks.

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